

Hip Flexor Strain Test

Name: Trevor Kelly	Age: 32	Date: 03/28/2024
Physical Examination for Hip Flexor Strain		
<p>1. Inspect the hip and thigh area for swelling, bruising, or asymmetry.</p> <p>2. Gently palpate along the hip flexor muscles (iliopsoas and rectus femoris) to identify areas of tenderness.</p> <p>3. Ask the patient to flex the hip against resistance to assess pain and strength.</p> <p>4. Optional test: Thomas test. Use this test to assess for tightness in the hip flexors, which may be contributing to strain.</p> <ul style="list-style-type: none">• Patient lies on their back and pulls one knee to the chest.• Observe the position of the opposite leg. A positive test is indicated if the leg cannot remain flat on the table. <p>5. Do imaging tests if necessary, such as X-ray and MRI.</p>		
Findings		
Physical Examination		
Swelling	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
Bruising	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Tenderness Location	Anterior thigh near the hip joint	
Pain on Hip Flexion	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Strength of Hip Flexion	4/5	
Thomas Test Result	<input checked="" type="checkbox"/> Performed <input checked="" type="checkbox"/> Positive <input type="checkbox"/> Negative	

Imaging Tests

X-Ray Findings:

No fractures or dislocations observed

MRI Findings:

Mild strain in the iliopsoas muscle

Healthcare Professional's Notes and Contact Information

Additional Notes or Reminders from the Healthcare Professional:

Trevor must get rest and physical therapy. Ice can be used to manage pain, as well as some low-dosage over the counter pain medication like ibuprofen.
Follow up in two weeks.

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